

How to Protect Yourself From WEST NILE VIRUS

West Nile Virus is spread by the bite of an infected mosquito. Reduce your risk of mosquito bites by doing the following:

- **Use insect repellent on your skin and clothes.**
- **When possible, wear long-sleeved shirts, long pants and socks when you are outdoors.**
- **Place mosquito netting over infants in carriers when they are outdoors.**
- **When temperatures are above 55°F or whenever mosquitoes are active, consider staying indoors at dawn, dusk, and in the early evening, which are peak mosquito biting times.**
- **Install or repair window and door screens so that mosquitoes cannot get indoors.**
- **Help reduce the number of mosquitoes outdoors where you live, work, or play by draining sources of standing water. This will help reduce the number of places mosquitoes can lay their eggs and breed.**

**For more information, contact the Infectious Disease Epidemiology Program:
1-800-821-5821**

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